

Table 2

School Lunch Menu Criteria Healthier Montana Menu Challenge

Menu Criteria	Clarification
Offer a different vegetable every day of the week. All servings must be at least ¼ cup.	
Dark green or orange vegetable offered three or more times per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size.)	Dark green vegetables include dark green leafy vegetables and broccoli. In addition to broccoli, vegetables in this subgroup include spinach, romaine lettuce, collard greens, kale and turnip greens. Orange vegetables include acorn squash, butternut squash, carrots, hubbard squash, pumpkin, and sweet potatoes. You can only count dark green or orange vegetables that are on this list.
Cooked dried beans or peas (legumes) must be offered at least once a week. (at least ¼ cup serving size)	Cooked dried beans or peas can count as both the weekly legume requirement and as one of the vegetable servings.
Offer a different fruit every day of the week. (at least ¼ cup serving size)	100% fruit juice can only be counted once per week. Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.
Fresh fruit is offered at least 1 day per week. (at least ¼ cup serving size)	
Whole grain foods offered three or more times a week and may not be the same one each day.	A whole grain food is one with a whole grain as the <i>primary</i> grain ingredient. See the USDA Whole Grains Resource located at http://www.teamnutrition.usda.gov/HealthierUS/wholegrainresource.pdf for guidance on whole grain products. Submit ingredient statements, documentation and/or recipes for whole grain products.
Only low-fat (1%) and fat-free (skim) milk, flavored or unflavored, offered daily.	

Based on the *HealthierUS School Challenge* Lunch Menu Criteria, Silver Level, January 2009.
HealthierUS Challenge Web site <http://www.teamnutrition.usda.gov/HealthierUS/index.html>



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